Stigmasterol
A phytosterol that is produced within the seeds of the soybean plant (*Glycine max L.*), among others. Evidence indicates that human consumption of stigmasterol helps to reduce levels of total serum cholesterol and low-density lipoproteins (LDLP); thereby lowering risk of coronary heart disease (CHD).

Evidence indicates that certain phytosterols (including stigmasterol) interfere with absorption of cholesterol by the intestines, and decrease the body's recovrey and re-use of cholesterol-containing bile salts; which causes more cholesterol to be excreted from the body.
PHYTOSTEROLS, PHYTOCHEMICALS, STEROLS, SOYBEAN PLANT, CHOLESTEROL, CAMPESTEROL, BETA-SITOSTEROL, CORONARY HEART DISEASE (CHD)

Sitosterol
A phytosterol that is naturally produced in fibers within soybean (*Glycine max*L.) hulls, pumpkin seeds, pine trees, fibers of corn/maize (*Zea mays*) seed coats, etc. Sitosterol can exist in several different molecular forms (e.g., known as alpha α, beta β, etc.).

A human diet containing large amounts of sitosterol and/or certain other phytosterols (e.g., campesterol, stigmasterol, etc.) has been shown to lower total serum (blood) cholesterol and low-density lipoprotein (LDLP) levels; and thereby lower the risk of coronary heart disease (CHD). Evidence indicates that certain phytosterols (including sitosterol) interfere with absorption of cholesterol by the intestines, and decrease the body's recovery & reuse of cholesterol-containing bile salts; which causes more cholesterol to be excreted from the body than previously.

During 2000, the U.S. Food and Drug Administration approved a (label) health claim that associates consumption of sitosterols with reduced blood cholesterol content and with reduced coronary heart disease (CHD).
PHYTOSTEROLS, SOYBEAN
PLANT, CORN, STEROLS, SITOSTANOL, CAMPESTEROL, STIGMASTEROL, CORONARY HEART DISEASE (CHD), BETA-SITOSTEROL, CHOLESTEROL

The term "Sitosterol" also appears in the definition(s) of the following term(s):
Sitostanol

Campesterol

A phytosterol that is produced within the seeds of the soybean plant (*Glycine max L.*), among others. Evidence shows that human consumption of campesterol helps to reduce total serum (blood) cholesterol and low-density lipoproteins (LDLP) levels; and thereby lowers risk of coronary heart disease (CHD).

Evidence indicates that certain phytosterols (including campesterol) interfere with absorption of cholesterol by the intestines,and decrease the body's recovery & reuse of cholesterol-containing bile salts; which causes more (net) cholesterol to be excreted from the body. PHYTOSTEROLS, PHYTOCHEMICALS, STEROLS, SOYBEAN PLANT, CHOLESTEROL, STIGMASTEROL, BETA-SITOSTEROL (B-SITOSTEROL), CORONARY HEART DISEASE (CHD)

preface | about the author | order the book | knowledge center | search

Contact Us